

BE STRONG PROJECT

England & Wales · Charity number 1148401

Details

Status Registered

Legal form Charitable company

Company number [07551140](#)

Registered 2012-08-01

Register [View on the Charity Commission register](#)

Contact

Address Unit 1 Riverside Industrial Estate
Waters Meeting Road
Bolton
BL1 8TU

Phone 07860535957

Email Darren@be-strong.org.uk

Website www.be-strong.org.uk

Activities

Objects: THE PROMOTION OF SOCIAL INCLUSION FOR THE PUBLIC BENEFIT AMONG ADULTS WHO ARE SOCIALLY EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF SUBSTANCE ABUSE OR DEPENDENCY INCLUDING ALCOHOL AND DRUGS; OR WHO ARE WITHIN, OR HAVE EXPERIENCED, THE PUBLIC CARE OR PENAL SYSTEM, BY:1. PROVIDING EDUCATION, TRAINING/EMPLOYMENT OPPORTUNITIES AND INFORMATION TO SUPPORT AND ENABLE SAID PERSONS TO MAXIMISE THEIR CHANCES OF ENDING THEIR SUBSTANCE DEPENDENCY OR TO AVOID FUTURE EXPERIENCE OF THE PENAL OR CARE SYSTEM; 2. RAISING PUBLIC AWARENESS OF THE ISSUES AFFECTING SAID PERSONS, BOTH GENERALLY AND IN RELATION TO THEIR SOCIAL EXCLUSION;3. PROVIDING WORKSHOPS, FORUMS, ADVOCACY, ADVICE AND GENERAL SUPPORT; 4. PROVIDING HEALTHY RECREATIONAL FACILITIES FOR SAID PERSONS.?

Activities: Personal Development workshops, gym membership, healthy eating workshops, social activities, money management skills, one to one mentoring and support, housing advice and support, diet & nutrition advice, access to education courses, employment/training support and transport to and from activities.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Accommodation/housing, Amateur Sport, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity, Recreation
- **Who:** Other Defined Groups, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£175,434	£162,143	-	-
2023-12-31	£179,000	£140,000	-	-
2022-12-31	£151,000	£153,000	-	-
2021-12-31	£141,000	£141,000	-	-
2020-12-31	£218,000	£159,000	-	-

Trustees

Name	Role	Appointed
Barry G N Day		2019-09-03
Gram Seed		2021-08-12
Stephanie Armstrong		2020-04-25

BE STRONG PROJECT

England & Wales - Charity number 1148401

Accounts

Be Strong Project Ltd
Trustees' Report
For the year ended 31 December 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31/12/2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

PRINCIPAL ACTIVITIES

The principal activity of the charity in the year under review was human health activities.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered company number 07551140 (England and Wales)

Registered charity number 1148401

Registered office:

Unit 1 Riverside Industrial Estate

Waters Meeting Road

Bolton

BL18TU

Trustees:

B Day

S Armstrong

Independent Examiner:

Horridge & Lever

142 Chorley New Road

Bolton

BL1 4NX

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Risk Management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

OBJECTIVES AND ACTIVITIES

The Be Strong Project's social mission to facilitate, encourage and support behavioral change in individuals who have become addicted to substances and have fallen into patterns of offending behavior. It has a number of key objectives including:

- Reducing re-offending, currently two thirds of released prisoners re-offend
- Reducing the number of family breakdowns that imprisonment creates
- Improving the mental and physical health of released prisoners
- Increasing employment, voluntary and training opportunities

Stephanie

Armstrong

Trustee

**Be Strong Project Ltd
Independent Examiner's Report
For the year ended 31 December 2023**

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF BE STRONG PROJECT LIMITED

I report on the accounts of the company for the year ended 31/12/2023.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to an audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

BASIS OF INDEPENDENT EXAMINERS STATEMENT

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

INDEPENDENT EXAMINERS STATEMENT

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met;

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....

Date: 16 Sep 2023

Horridge and Lever Accountants
142 Chorley New Road
Bolton
BL1 4NX

Be Strong Project Ltd
Unaudited financial statements and annual report
For the year ended 31 December 2023

Be Strong Project Ltd
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For the year ended 31 December 2023

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Be Strong Project Ltd
Company Information
For the year ended 31 December 2023

Company registration number	07551140 (England and Wales)
Directors	Darren Armstrong Barry Day Stephanie Armstrong
Registered office address	Unit 1 Riverside Industrial Estate Waters Meeting Road Bolton BL1 8TU
Accountant	Horridge and Lever 142 Chorley New Road Bolton BL1 4NX

Be Strong Project Ltd
Directors' Report
For the year ended 31 December 2023

The directors present their report and the Unaudited Financial Statements for the year ended 31 December 2023.

Principal activity

The principal activity of the company continued to be that of human health activities.

Directors of the company

The following directors held office during the whole of the period:

Barry Day
Darren Armstrong
Stephanie Armstrong

The following directors were resigned as follows:

Gram Seed (Resigned 09 October 2023)

Statement of directors' responsibilities

The directors are responsible for preparing the financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare such financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), FRS 105

Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these financial statements, the directors are required to;

- select suitable accounting policies and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small company provisions

This report has been prepared in accordance with the special provisions for small companies within Part 15 of the Companies Act 2006.

Approved by the Board of directors and signed on its behalf by:

Darren Armstrong (Director)
Date: 19 September 2024

Be Strong Project Ltd
Accountant's report
For the year ended 31 December 2023

Accountant's Report to the board of directors on the preparation of the unaudited statutory accounts of Be Strong Project Ltd for the year ended 31 December 2023.

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of Be Strong Project Ltd for the year ended 31 December 2023.

We have prepared these financial statements based on the accounting records, information and explanations provided by you. We do not express any opinion on these financial statements.

You have determined that the company is exempt from the statutory requirement for an audit for this accounting year. Therefore, the financial statements are unaudited.

The financial statements are provided exclusively to the directors for the limited purpose mentioned above, and may not be used or relied upon for any other purpose or by any other person, and we shall not be liable for any other usage or reliance.

Horridge and Lever

142 Chorley New Road
Bolton

BL1 4NX

Date: 19 September 2024

Be Strong Project Ltd
Income Statement
For the year ended 31 December 2023

	Notes	2023 £	2022 £
Turnover	5	177,590	150,604
Gross profit		<u>177,590</u>	<u>150,604</u>
Selling and distribution expenses		(19,362)	(16,852)
Administrative expenses		(119,843)	(136,212)
Operating profit	6	<u>38,384</u>	<u>(2,459)</u>
Interest receivable and similar income		482	113
Interest payable and similar charges	8	(14,413)	(24,108)
Profit on ordinary activities before taxation		<u>24,453</u>	<u>(26,454)</u>
Profit for the year		<u>24,453</u>	<u>(26,454)</u>

Be Strong Project Ltd
Statement of Financial Position
For the year ended 31 December 2023

	Notes	2023 £	2022 £
Fixed assets			
Property, plant and equipment	9	265,030	270,781
		<u>265,030</u>	<u>270,781</u>
Current assets			
Cash and cash equivalents	10	58,261	52,737
		<u>58,261</u>	<u>52,737</u>
Current liabilities			
Creditors: Amounts falling due within one year	11	(684)	(660)
		<u>(684)</u>	<u>(660)</u>
Net current assets/(liabilities)		<u>57,577</u>	<u>52,077</u>
Total assets less current liabilities		<u>322,607</u>	<u>322,858</u>
Non-current liabilities			
Creditors: Amounts falling due after more than one year	12	(156,754)	(181,458)
Net assets/(liabilities)		<u>165,853</u>	<u>141,400</u>
Capital and reserves			
Retained earnings		<u>165,853</u>	<u>141,400</u>
Shareholder's funds		<u>165,853</u>	<u>141,400</u>

- For the year ended 31 December 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

Approved by the Board on 19 September 2024

.....
Darren Armstrong (Director)

Company registration number: 07551140

Be Strong Project Ltd
Notes to the Financial Statements
For the year ended 31 December 2023

(1) General Information

The company is a private company limited by shares and is registered in England and Wales. The address of the registered office is Unit 1 Riverside Industrial Estate, Waters Meeting Road, Bolton, BL1 8TU.

(2) Statement of compliance

These individual financial statements have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" Section 1A and Companies Act 2006, as applicable to companies subject to the small companies' regime.

(3) Significant Accounting Policies

Basis of Preparation

The financial statements have been prepared on the historical cost basis and in accordance with the Companies Act 2006. The presentation and functional currency of the company is pounds sterling. The financial statements are presented in pound units (£) unless stated otherwise.

Revenue recognition

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods supplied and services rendered, stated net of discounts and of Value Added Tax. The company recognises revenue when the amount of revenue can be measured reliably, when it is probable that future economic benefits will flow to the entity and when specific criteria have been met as described below.

Sale of goods

Sales of goods are recognised when the company has delivered the goods to the customer, no other significant obligation remains unfulfilled that may affect the customer's acceptance of the products and risks and rewards of ownership have transferred to them.

Interest income

Interest income is recognised using the effective interest method.

Borrowing costs

All borrowing related costs are included within the statement of income in the period in which they are incurred using the effective interest method.

Property, plant and equipment

Property, plant and equipment is stated at cost less accumulated depreciation and impairment losses. Part of an item of property, plant and equipment having different useful lives are accounted for as separate items.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives, using the straight-line method. The estimated useful lives, residual values and depreciation method are reviewed at the end of each reporting period, with the effect of any changes in estimate accounted for on a prospective basis.

Depreciation is provided to write off the cost less estimated residual value, of each asset over its expected useful life as follows:

Asset class and depreciation rate

(4) Critical accounting judgements and key sources of estimation uncertainty

No judgement

No significant judgements or estimates have been made in preparation of these financial statements.

(5) Turnover

The revenue from company's operations comprise:

	2023	2022
	£	£
Sales	<u>177,590</u>	<u>150,604</u>

Notes to the financial statement (Continued)
For the year ended 31 December 2023

	<u>177,590</u>	<u>150,604</u>
(6) Operating profit		
Operating profit for the year from continuing operations has been arrived after charging:		
	2023	2022
	£	£
Depreciation of property, plant and equipment	5,750	7,013
	<u>5,750</u>	<u>7,013</u>

(7) Employees

During the year, the average number of employees including director was 0 (2022 : 0).

(8) Interest payable and similar charges

	2023	2022
	£	£
Interest on bank loans and overdrafts	14,413	24,108
	<u>14,413</u>	<u>24,108</u>

(9) Tangible fixed assets

	Land and Buildings	Plant and Machinery	Equipment	Motor Vehicles	Totals
	£	£	£	£	£
Cost					
As at 01 January 2023	238,834	30,000	6,960	26,800	302,594
As at 31 December 2023	<u>238,834</u>	<u>30,000</u>	<u>6,960</u>	<u>26,800</u>	<u>302,594</u>
Depreciation					
As at 01 January 2023	-	16,436	3,813	11,563	31,812
For the year	-	2,441	566	2,743	5,750
As at 31 December 2023	<u>-</u>	<u>18,877</u>	<u>4,379</u>	<u>14,306</u>	<u>37,562</u>
Net book value					
As at 31 December 2023	<u>238,834</u>	<u>11,122</u>	<u>2,580</u>	<u>12,494</u>	<u>265,032</u>
As at 31 December 2022	<u>238,834</u>	<u>13,564</u>	<u>3,147</u>	<u>15,237</u>	<u>270,782</u>

(10) Cash and cash equivalents

	2023	2022
	£	£
Bank balance	58,261	52,737
	<u>58,261</u>	<u>52,737</u>

(11) Creditors: Amounts falling due within one year

	2023	2022
	£	£
Accruals and deferred income	684	660
	<u>684</u>	<u>660</u>

(12) Creditors: Amounts falling due after more than one year

	2023	2022
	£	£

Notes to the financial statement (Continued)
For the year ended 31 December 2023

Bank loans and overdrafts	146,847	164,507
Other creditors	<u>9,908</u>	<u>16,950</u>
	<u>156,755</u>	<u>181,457</u>

(13) Share capital and reserves

Alloted, called up and fully paid:	2023	2022
	£	£
	<u>0</u>	<u>0</u>

A ordinary shares hold equal voting rights. B investment shares do not carry any voting rights.

(14) Transactions with directors

Be Strong Project Ltd
Detailed Income Statement
For the year ended 31 December 2023

This section does not form part of the statutory accounts.

	2023	2022
	£	£
Turnover	177,590	150,604
Gross Profit	<u>177,590</u>	<u>150,604</u>
Less : Selling and distribution expenses		
Advertising and Marketing	85	12
UK and Overseas Travel Costs	11,297	9,676
Subsistence	7,981	7,163
	<u>19,362</u>	<u>16,852</u>
Less : Administrative expenses		
Training and development costs	4,972	8,592
Rent, Rates, Light & Heat	46,363	52,474
Repairs and Renewals	6,190	5,196
Caravan Costs	5,209	4,728
Motor Expenses	7,247	10,666
Accountancy, Bookkeeping and Auditing Fees	994	948
Legal and Professional Fees	24,040	23,620
Insurance	3,058	2,603
Telephone and Internet	4,762	5,381
Gym Membership	3,748	2,535
Charitable Donations	1,717	4,419
Bank Fees	502	656
Sundry Expenses	5,291	7,380
Depreciation of Plant and Machinery	2,441	2,977
Depreciation of Equipment	566	691
Depreciation of Motor Vehicles	2,743	3,345
	<u>119,843</u>	<u>136,212</u>
Operating profit	<u>38,384</u>	<u>(2,459)</u>
Add : Interest receivable and similar income		
Bank Interest	482	113
	<u>482</u>	<u>113</u>
Less : Interest payable and similar charges		
Hire Purchase, Mortgage and Other Interest	14,413	24,108
	<u>14,413</u>	<u>24,108</u>
Profit on ordinary activities before taxation	<u>24,453</u>	<u>(26,454)</u>
Net profit for the year after taxation	<u>24,453</u>	<u>(26,454)</u>

Be Strong Project Ltd
Unaudited financial statements and annual report
For the year ended 31 December 2023

Be Strong Project Ltd
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Be Strong Project Ltd
Company Information
For the year ended 31 December 2023

Company registration number	07551140 (England and Wales)
Directors	Darren Armstrong Barry Day Stephanie Armstrong
Registered office address	Unit 1 Riverside Industrial Estate Waters Meeting Road Bolton BL1 8TU
Accountant	Horridge and Lever 142 Chorley New Road Bolton BL1 4NX

Be Strong Project Ltd
Directors' Report
For the year ended 31 December 2023

The directors present their report and the Unaudited Financial Statements for the year ended 31 December 2023.

Principal activity

The principal activity of the company continued to be that of human health activities.

Directors of the company

The following directors held office during the whole of the period:

Barry Day
Darren Armstrong
Stephanie Armstrong

The following directors were resigned as follows:

Gram Seed (Resigned 09 October 2023)

Statement of directors' responsibilities

The directors are responsible for preparing the financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare such financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), FRS 105

Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these financial statements, the directors are required to;

- select suitable accounting policies and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small company provisions

This report has been prepared in accordance with the special provisions for small companies within Part 15 of the Companies Act 2006.

Approved by the Board of directors and signed on its behalf by:

Darren Armstrong (Director)
Date: 19 September 2024

Be Strong Project Ltd
Accountant's report
For the year ended 31 December 2023

Accountant's Report to the board of directors on the preparation of the unaudited statutory accounts of Be Strong Project Ltd for the year ended 31 December 2023.

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We have prepared these financial statements based on the accounting records, information and explanations provided by you. We do not express any opinion on these financial statements.

You have determined that the company is exempt from the statutory requirement for an audit for this accounting year. Therefore, the financial statements are unaudited.

The financial statements are provided exclusively to the directors for the limited purpose mentioned above, and may not be used or relied upon for any other purpose or by any other person, and we shall not be liable for any other usage or reliance.

Horridge and Lever

142 Chorley New Road
Bolton

BL1 4NX

Date: 19 September 2024

Be Strong Project Ltd
Income Statement
For the year ended 31 December 2023

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Profit for the year		<u>24,453</u>	<u>(26,454)</u>

Be Strong Project Ltd
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For the year ended 31 December 2023

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		<u>265,030</u>	<u>270,781</u>
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Total assets less current liabilities		<u>322,607</u>	<u>322,858</u>
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Creditors: Amounts falling due after more than one year	12	(156,754)	(181,458)
Net assets/(liabilities)		<u>165,853</u>	<u>141,400</u>
Capital and reserves			
Retained earnings		<u>165,853</u>	<u>141,400</u>
Shareholder's funds		<u>165,853</u>	<u>141,400</u>

- For the year ended 31 December 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

Approved by the Board on 19 September 2024

.....
Darren Armstrong (Director)

Company registration number: 07551140

Be Strong Project Ltd
Notes to the Financial Statements
For the year ended 31 December 2023

(1) General Information

The company is a private company limited by shares and is registered in England and Wales. The address of the registered office is Unit 1 Riverside Industrial Estate, Waters Meeting Road, Bolton, BL1 8TU.

(2) Statement of compliance

These individual financial statements have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" Section 1A and Companies Act 2006, as applicable to companies subject to the small companies' regime.

(3) Significant Accounting Policies

Basis of Preparation

The financial statements have been prepared on the historical cost basis and in accordance with the Companies Act 2006. The presentation and functional currency of the company is pounds sterling. The financial statements are presented in pound units (£) unless stated otherwise.

Revenue recognition

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods supplied and services rendered, stated net of discounts and of Value Added Tax. The company recognises revenue when the amount of revenue can be measured reliably, when it is probable that future economic benefits will flow to the entity and when specific criteria have been met as described below.

Sale of goods

Sales of goods are recognised when the company has delivered the goods to the customer, no other significant obligation remains unfulfilled that may affect the customer's acceptance of the products and risks and rewards of ownership have transferred to them.

Interest income

Interest income is recognised using the effective interest method.

Borrowing costs

All borrowing related costs are included within the statement of income in the period in which they are incurred using the effective interest method.

Property, plant and equipment

Property, plant and equipment is stated at cost less accumulated depreciation and impairment losses. Part of an item of property, plant and equipment having different useful lives are accounted for as separate items.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives, using the straight-line method. The estimated useful lives, residual values and depreciation method are reviewed at the end of each reporting period, with the effect of any changes in estimate accounted for on a prospective basis.

Depreciation is provided to write off the cost less estimated residual value, of each asset over its expected useful life as follows:

Asset class and depreciation rate

(4) Critical accounting judgements and key sources of estimation uncertainty

No judgement

No significant judgements or estimates have been made in preparation of these financial statements.

(5) Turnover

The revenue from company's operations comprise:

	2023	2022
	£	£
Sales	177,590	150,604

Notes to the financial statement (Continued)
For the year ended 31 December 2023

	177,590	150,604
(6) Operating profit		
Operating profit for the year from continuing operations has been arrived after charging:		
	2023	2022
	£	£
Depreciation of property, plant and equipment	5,750	7,013
	5,750	7,013

(7) Employees

During the year, the average number of employees including director was 0 (2022 : 0).

(8) Interest payable and similar charges

	2023	2022
	£	£
Interest on bank loans and overdrafts	14,413	24,108
	14,413	24,108

(9) Tangible fixed assets

	Land and Buildings	Plant and Machinery	Equipment	Motor Vehicles	Totals
	£	£	£	£	£
Cost					
As at 01 January 2023	238,834	30,000	6,960	26,800	302,594
As at 31 December 2023	238,834	30,000	6,960	26,800	302,594
Depreciation					
As at 01 January 2023	-	16,436	3,813	11,563	31,812
For the year	-	2,441	566	2,743	5,750
As at 31 December 2023	-	18,877	4,379	14,306	37,562
Net book value					
As at 31 December 2023	238,834	11,122	2,580	12,494	265,032
As at 31 December 2022	238,834	13,564	3,147	15,237	270,782

(10) Cash and cash equivalents

	2023	2022
	£	£
Bank balance	58,261	52,737
	58,261	52,737

(11) Creditors: Amounts falling due within one year

	2023	2022
	£	£
Accruals and deferred income	684	660
	684	660

(12) Creditors: Amounts falling due after more than one year

	2023	2022
	£	£

Notes to the financial statement (Continued)
For the year ended 31 December 2023

Bank loans and overdrafts	146,847	164,507
Other creditors	<u>9,908</u>	<u>16,950</u>
	<u>156,755</u>	<u>181,457</u>

(13) Share capital and reserves

Alloted, called up and fully paid:	2023	2022
	£	£
	<u>0</u>	<u>0</u>

A ordinary shares hold equal voting rights. B investment shares do not carry any voting rights.

(14) Transactions with directors

Be Strong Project Ltd
Detailed Income Statement
For the year ended 31 December 2023

This section does not form part of the statutory accounts.

	2023	2022
	£	£
Turnover	177,590	150,604
Gross Profit	<u>177,590</u>	<u>150,604</u>
Less : Selling and distribution expenses		
Advertising and Marketing	85	12
UK and Overseas Travel Costs	11,297	9,676
Subsistence	7,981	7,163
	<u>19,362</u>	<u>16,852</u>
Less : Administrative expenses		
Training and development costs	4,972	8,592
Rent, Rates, Light & Heat	46,363	52,474
Repairs and Renewals	6,190	5,196
Caravan Costs	5,209	4,728
Motor Expenses	7,247	10,666
Accountancy, Bookkeeping and Auditing Fees	994	948
Legal and Professional Fees	24,040	23,620
Insurance	3,058	2,603
Telephone and Internet	4,762	5,381
Gym Membership	3,748	2,535
Charitable Donations	1,717	4,419
Bank Fees	502	656
Sundry Expenses	5,291	7,380
Depreciation of Plant and Machinery	2,441	2,977
Depreciation of Equipment	566	691
Depreciation of Motor Vehicles	2,743	3,345
	<u>119,843</u>	<u>136,212</u>
Operating profit	<u>38,384</u>	<u>(2,459)</u>
Add : Interest receivable and similar income		
Bank Interest	482	113
	<u>482</u>	<u>113</u>
Less : Interest payable and similar charges		
Hire Purchase, Mortgage and Other Interest	14,413	24,108
	<u>14,413</u>	<u>24,108</u>
Profit on ordinary activities before taxation	<u>24,453</u>	<u>(26,454)</u>
Net profit for the year after taxation	<u>24,453</u>	<u>(26,454)</u>

BE STRONG PROJECT

England & Wales - Charity number 1148401

Accounts

Be Strong Project Ltd
Trustees' Report
For the year ended 31 December 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31/12/2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

PRINCIPAL ACTIVITIES

The principal activity of the charity in the year under review was human health activities.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered company number 07551140 (England and Wales)

Registered charity number 1148401

Registered office:

Unit 1 Riverside Industrial Estate

Waters Meeting Road

Bolton

BL18TU

Trustees:

B Day

S Armstrong – appointed 25/04/2020

G Seed – appointed 12/08/2021

Independent Examiner:

Horridge & Lever

142 Chorley New Road

Bolton

BL1 4NX

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Risk Management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

OBJECTIVES AND ACTIVITIES

The Be Strong Project's social mission to facilitate, encourage and support behavioural change in individuals who have become addicted to substances and have fallen into patterns of offending behaviour. It has a number of key objectives including:

- Reducing re-offending, currently two thirds of released prisoners re-offend
- Reducing the number of family breakdowns that imprisonment creates
- Improving the mental and physical health of released prisoners
- Increasing employment, voluntary and training opportunities

Stephanie
Armstrong
Trustee

Be Strong Project Ltd
Independent Examiner's Report
For the year ended 31 December 2021

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF BE STRONG PROJECT LIMITED

I report on the accounts of the company for the year ended 31/12/2022.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to an audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

BASIS OF INDEPENDENT EXAMINERS STATEMENT

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

INDEPENDENT EXAMINERS STATEMENT

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met;

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....

Date: 26/09/2023

Horridge and Lever Accountants
142 Chorley New Road
Bolton
BL1 4NX

Be Strong Project Ltd
Unaudited financial statements and annual report
For the year ended 31 December 2022

Be Strong Project Ltd
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For the year ended 31 December 2022

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Be Strong Project Ltd
Company Information
For the year ended 31 December 2022

Company registration number	07551140 (England and Wales)
Directors	Darren Armstrong Barry Day Stephanie Armstrong Gram Seed
Registered office address	Unit 1 Riverside Industrial Estate Waters Meeting Road Bolton BL1 8TU
Accountant	Horrige and Lever 142 Chorley New Road Bolton BL1 4NX

Be Strong Project Ltd
Directors' Report
For the year ended 31 December 2022

The directors present their report and the Unaudited Financial Statements for the year ended 31 December 2022.

Principal activity

The principal activity of the company continued to be that of human health activities.

Going concern

The financial statements have been prepared on a going concern basis unless it is inappropriate to presume that the company will continue in business.

Directors of the company

The following directors held office during the whole of the period:

Barry Day
Darren Armstrong
Gram Seed
Stephanie Armstrong

Statement of directors' responsibilities

The directors are responsible for preparing the financial statements in accordance with applicable law and regulations. The trustees have adopted the provisions of the Statement of Recommended Practice(SORP) 'Accounting and Reporting by Charities' issued in March 2005.

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Risk Management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

OBJECTIVES ANDACTIVITIES

The Be Strong Project's social mission to facilitate, encourage and support behavioural change in individuals who have become addicted to substances and have fallen into patterns of offending behaviour. It has a number of key objectives including:

- Reducing re-offending, currently two thirds of released prisoners re-offend
- Reducing the number of family breakdowns that imprisonment creates
- Improving the mental and physical health of released prisoners
- Increasing employment, voluntary and training opportunities

Small company provisions

This report has been prepared in accordance with the special provisions for small companies within Part 15 of the Companies Act 2006.

Approved by the Board of directors and signed on its behalf by:

Darren Armstrong (Director)
Date: 26 September 2023

Be Strong Project Ltd
Accountant's report
For the year ended 31 December 2022

Accountant's Report to the board of directors on the preparation of the unaudited statutory accounts of Be Strong Project Ltd for the year ended 31 December 2022.

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of Be Strong Project Ltd for the year ended 31 December 2022.

We have prepared these financial statements based on the accounting records, information and explanations provided by you. We do not express any opinion on these financial statements.

You have determined that the company is exempt from the statutory requirement for an audit for this accounting year. Therefore, the financial statements are unaudited.

The financial statements are provided exclusively to the directors for the limited purpose mentioned above, and may not be used or relied upon for any other purpose or by any other person, and we shall not be liable for any other usage or reliance.

Horridge and Lever

142 Chorley New Road
Bolton

BL1 4NX

Date: 26 September 2023

Be Strong Project Ltd
Income Statement
For the year ended 31 December 2022

	Notes	2022 £	2021 £
Turnover	4	150,604	140,699
Gross profit		<u>150,604</u>	<u>140,699</u>
Selling and distribution expenses		(16,852)	(9,063)
Administrative expenses		(136,212)	(132,078)
Operating loss	5	<u>(2,459)</u>	<u>(442)</u>
Interest receivable and similar income		113	7
Interest payable and similar charges	7	(24,108)	-
Loss on ordinary activities before taxation		<u>(26,454)</u>	<u>(435)</u>
Loss for the year		<u>(26,454)</u>	<u>(435)</u>

Be Strong Project Ltd
Statement of Financial Position
For the year ended 31 December 2022

	Notes	2022 £	2021 £
Fixed assets			
Property, plant and equipment	8	<u>270,781</u>	<u>267,794</u>
		270,781	267,794
Current assets			
Debtors	9	-	120
Cash and cash equivalents	10	<u>52,737</u>	<u>79,716</u>
		52,737	79,836
Current liabilities			
Creditors: Amounts falling due within one year	11	<u>(660)</u>	<u>(636)</u>
		(660)	(636)
Net current assets/(liabilities)		<u>52,077</u>	<u>79,200</u>
Total assets less current liabilities		322,858	346,994
Non-current liabilities			
Creditors: Amounts falling due after more than one year	12	<u>(181,458)</u>	<u>(179,139)</u>
Net assets/(liabilities)		<u>141,400</u>	<u>167,855</u>
Capital and reserves			
Retained earnings		<u>141,400</u>	<u>167,855</u>
Shareholder's funds		<u>141,400</u>	<u>167,855</u>

- For the year ended 31 December 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

Approved by the Board on 26 September 2023

.....
Darren Armstrong (Director)

Company registration number: 07551140

Be Strong Project Ltd
Notes to the Financial Statements
For the year ended 31 December 2022

(1) General Information

Be Strong Project Ltd is a private company limited by guarantee, domiciled and incorporated in England and Wales.

The principal activity of the charity in the year under review was human health activities .

Registered company number 07551140 (England and Wales)

Registered charity number 1148401

Registered office:
Unit 1 Riverside Industrial Estate
Waters Meeting Road
Bolton
England
BL1 8TU

Trustees:
D Armstrong - resigned 23/03/2020
B Day
S Armstrong - appointed 25/04/2020
M Bowden - appointed 25/04/2020
G Seed- appointed 12/08/2021

Independent Examiner:
Horridge and Lever
142 Chorley New Road
Bolton
BL1 4NX

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing document:
The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Risk Management:
The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

(2) Significant Accounting Policies

2a. Basis Of Accounting

The accounts have been prepared under the historical cost convention.

The accounts have been prepared in accordance with FRS102 The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

2b. Incoming Resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

2c. Resources Expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

2d. Allocation And Apportionment Of Costs

All costs relate to the single activity of the charitable company and are recognised accordingly.

2e. Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds are funds set aside by the trustees out of unrestricted general funds for the specific future purposes or projects.

Notes to the financial statements (Continued)
For the year ended 31 December 2022

2f. Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Motor Cars - reducing balance 18%

Equipment - reducing balance 18%

Plant and Machinery - reducing balance 18%

Borrowing costs

All borrowing related costs are included within the statement of income in the period in which they are incurred using the effective interest method.

(3) Critical accounting judgements and key sources of estimation uncertainty

No judgement

No significant judgements or estimates have been made in preparation of these financial statements.

(4) Turnover

The revenue from company's operations comprise:

	2022 £	2021 £
Sales	150,604	140,699
	<u>150,604</u>	<u>140,699</u>

(5) Operating profit

Operating profit for the year from continuing operations has been arrived after charging:

	2022 £	2021 £
Depreciation of property, plant and equipment	7,013	6,357
	<u>7,013</u>	<u>6,357</u>

(6) Employees

During the year, the average number of employees including director was 0 (2021 : 0)

(7) Interest payable and similar charges

	2022 £	2021 £
Interest on bank loans and overdrafts	24,108	-
	<u>24,108</u>	<u>-</u>

(8) Tangible fixed assets

	Land and Buildings £	Plant and Machinery £	Equipment £	Motor Vehicles £	Totals £
Cost					
As at 01 January 2022	238,834	30,000	6,960	16,800	292,594
Additions	-	-	-	10,000	10,000
As at 31 December 2022	<u>238,834</u>	<u>30,000</u>	<u>6,960</u>	<u>26,800</u>	<u>302,594</u>
Depreciation					
As at 01 January 2022	-	13,459	3,122	8,219	24,800
For the year	-	2,977	691	3,345	7,013
As at 31 December 2022	<u>-</u>	<u>16,436</u>	<u>3,813</u>	<u>11,564</u>	<u>31,813</u>
Net book value					
As at 31 December 2022	<u>238,834</u>	<u>13,564</u>	<u>3,147</u>	<u>15,237</u>	<u>270,781</u>
As at 31 December 2021	<u>238,834</u>	<u>16,541</u>	<u>3,838</u>	<u>8,581</u>	<u>267,794</u>

Notes to the financial statements (Continued)
For the year ended 31 December 2022

(9) Debtors

Amounts falling due within one year

	2022	2021
	£	£
Trade debtors	-	120
	<u>-</u>	<u>120</u>

(10) Cash and cash equivalents

	2022	2021
	£	£
Bank balance	52,737	79,716
	<u>52,737</u>	<u>79,716</u>

(11) Creditors: Amounts falling due within one year

	2022	2021
	£	£
Accruals and deferred income	660	636
	<u>660</u>	<u>636</u>

(12) Creditors: Amounts falling due after more than one year

	2022	2021
	£	£
Bank loans and overdrafts	164,507	158,044
Other creditors	16,950	21,095
	<u>181,457</u>	<u>179,139</u>

(13) Transactions with directors

As per the governing document, Darren Armstrong was the only paid director during the year receiving a total of £12,500.00 for his services.

Be Strong Project Ltd
Detailed Income Statement
For the year ended 31 December 2022

This section does not form part of the statutory accounts.

	2022	2021
	£	£
Turnover	150,604	140,699
Gross Profit	<u>150,604</u>	<u>140,699</u>
Less : Selling and distribution expenses		
Advertising and Marketing	12	321
Subsistence	7,163	7,752
UK and Overseas Travel Costs	9,676	990
	<u>16,852</u>	<u>9,063</u>
Less : Administrative expenses		
Accountancy, Bookkeeping and Auditing Fees	948	901
Bank Fees	656	-
Caravan Costs	4,728	2,293
Charitable Donations	4,419	3,376
Depreciation of Equipment	691	842
Depreciation of Motor Vehicles	3,345	1,884
Depreciation of Plant and Machinery	2,977	3,631
Gym Membership	2,535	1,755
Insurance	2,603	2,369
Legal and Professional Fees	23,620	23,722
Motor Expenses	10,666	14,319
Rent, Rates, Light & Heat	52,474	47,904
Repairs and Renewals	5,196	6,458
Sundry Expenses	7,380	9,334
Telephone and Internet	5,381	4,792
Training and development costs	8,592	8,497
	<u>136,212</u>	<u>132,078</u>
Operating loss	<u>(2,459)</u>	<u>(442)</u>
Add : Interest receivable and similar income		
Bank Interest	113	7
	113	7
Less : Interest payable and similar charges		
Hire Purchase, Mortgage and Other Interest	24,108	-
	<u>24,108</u>	<u>-</u>
Loss on ordinary activities before taxation	<u>(26,454)</u>	<u>(435)</u>
Net loss for the year after taxation	<u>(26,454)</u>	<u>(435)</u>
Net loss for the year after dividends	<u>(26,454)</u>	<u>(435)</u>
Retained profits brought forward	<u>167,855</u>	<u>168,290</u>
Retained profits carried forward	<u>141,400</u>	<u>167,855</u>

Be Strong Project Ltd
Unaudited financial statements and annual report
For the year ended 31 December 2022

Be Strong Project Ltd
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For the year ended 31 December 2022

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Be Strong Project Ltd
Company Information
For the year ended 31 December 2022

Company registration number	07551140 (England and Wales)
Directors	Darren Armstrong Barry Day Stephanie Armstrong Gram Seed
Registered office address	Unit 1 Riverside Industrial Estate Waters Meeting Road Bolton BL1 8TU
Accountant	Horrige and Lever 142 Chorley New Road Bolton BL1 4NX

Be Strong Project Ltd
Directors' Report
For the year ended 31 December 2022

The directors present their report and the Unaudited Financial Statements for the year ended 31 December 2022.

Principal activity

The principal activity of the company continued to be that of human health activities.

Going concern

The financial statements have been prepared on a going concern basis unless it is inappropriate to presume that the company will continue in business.

Directors of the company

The following directors held office during the whole of the period:

Barry Day
Darren Armstrong
Gram Seed
Stephanie Armstrong

Statement of directors' responsibilities

The directors are responsible for preparing the financial statements in accordance with applicable law and regulations. The trustees have adopted the provisions of the Statement of Recommended Practice(SORP) 'Accounting and Reporting by Charities' issued in March 2005.

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Risk Management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

OBJECTIVES ANDACTIVITIES

The Be Strong Project's social mission to facilitate, encourage and support behavioural change in individuals who have become addicted to substances and have fallen into patterns of offending behaviour. It has a number of key objectives including:

- Reducing re-offending, currently two thirds of released prisoners re-offend
- Reducing the number of family breakdowns that imprisonment creates
- Improving the mental and physical health of released prisoners
- Increasing employment, voluntary and training opportunities

Small company provisions

This report has been prepared in accordance with the special provisions for small companies within Part 15 of the Companies Act 2006.

Approved by the Board of directors and signed on its behalf by:

Darren Armstrong (Director)
Date: 26 September 2023

Be Strong Project Ltd
Accountant's report
For the year ended 31 December 2022

Accountant's Report to the board of directors on the preparation of the unaudited statutory accounts of Be Strong Project Ltd for the year ended 31 December 2022.

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of Be Strong Project Ltd for the year ended 31 December 2022.

We have prepared these financial statements based on the accounting records, information and explanations provided by you. We do not express any opinion on these financial statements.

You have determined that the company is exempt from the statutory requirement for an audit for this accounting year. Therefore, the financial statements are unaudited.

The financial statements are provided exclusively to the directors for the limited purpose mentioned above, and may not be used or relied upon for any other purpose or by any other person, and we shall not be liable for any other usage or reliance.

Horridge and Lever

142 Chorley New Road
Bolton

BL1 4NX

Date: 26 September 2023

Be Strong Project Ltd
Income Statement
For the year ended 31 December 2022

	Notes	2022 £	2021 £
Turnover	4	150,604	140,699
Gross profit		<u>150,604</u>	<u>140,699</u>
Selling and distribution expenses		(16,852)	(9,063)
Administrative expenses		(136,212)	(132,078)
Operating loss	5	<u>(2,459)</u>	<u>(442)</u>
Interest receivable and similar income		113	7
Interest payable and similar charges	7	(24,108)	-
Loss on ordinary activities before taxation		<u>(26,454)</u>	<u>(435)</u>
Loss for the year		<u>(26,454)</u>	<u>(435)</u>

Be Strong Project Ltd
Statement of Financial Position
For the year ended 31 December 2022

	Notes	2022 £	2021 £
Fixed assets			
Property, plant and equipment	8	<u>270,781</u>	<u>267,794</u>
		270,781	267,794
Current assets			
Debtors	9	-	120
Cash and cash equivalents	10	<u>52,737</u>	<u>79,716</u>
		52,737	79,836
Current liabilities			
Creditors: Amounts falling due within one year	11	<u>(660)</u>	<u>(636)</u>
		(660)	(636)
Net current assets/(liabilities)		<u>52,077</u>	<u>79,200</u>
Total assets less current liabilities		322,858	346,994
Non-current liabilities			
Creditors: Amounts falling due after more than one year	12	<u>(181,458)</u>	<u>(179,139)</u>
Net assets/(liabilities)		<u>141,400</u>	<u>167,855</u>
Capital and reserves			
Retained earnings		<u>141,400</u>	<u>167,855</u>
Shareholder's funds		<u>141,400</u>	<u>167,855</u>

- For the year ended 31 December 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

Approved by the Board on 26 September 2023

.....
Darren Armstrong (Director)

Company registration number: 07551140

Be Strong Project Ltd
Notes to the Financial Statements
For the year ended 31 December 2022

(1) General Information

Be Strong Project Ltd is a private company limited by guarantee, domiciled and incorporated in England and Wales.

The principal activity of the charity in the year under review was human health activities .

Registered company number 07551140 (England and Wales)

Registered charity number 1148401

Registered office:
Unit 1 Riverside Industrial Estate
Waters Meeting Road
Bolton
England
BL1 8TU

Trustees:
D Armstrong - resigned 23/03/2020
B Day
S Armstrong - appointed 25/04/2020
M Bowden - appointed 25/04/2020
G Seed- appointed 12/08/2021

Independent Examiner:
Horridge and Lever
142 Chorley New Road
Bolton
BL1 4NX

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing document:
The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Risk Management:
The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

(2) Significant Accounting Policies

2a. Basis Of Accounting

The accounts have been prepared under the historical cost convention.

The accounts have been prepared in accordance with FRS102 The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

2b. Incoming Resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

2c. Resources Expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

2d. Allocation And Apportionment Of Costs

All costs relate to the single activity of the charitable company and are recognised accordingly.

2e. Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds are funds set aside by the trustees out of unrestricted general funds for the specific future purposes or projects.

Notes to the financial statements (Continued)
For the year ended 31 December 2022

2f. Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Motor Cars - reducing balance 18%

Equipment - reducing balance 18%

Plant and Machinery - reducing balance 18%

Borrowing costs

All borrowing related costs are included within the statement of income in the period in which they are incurred using the effective interest method.

(3) Critical accounting judgements and key sources of estimation uncertainty

No judgement

No significant judgements or estimates have been made in preparation of these financial statements.

(4) Turnover

The revenue from company's operations comprise:

	2022 £	2021 £
Sales	150,604	140,699
	<u>150,604</u>	<u>140,699</u>

(5) Operating profit

Operating profit for the year from continuing operations has been arrived after charging:

	2022 £	2021 £
Depreciation of property, plant and equipment	7,013	6,357
	<u>7,013</u>	<u>6,357</u>

(6) Employees

During the year, the average number of employees including director was 0 (2021 : 0)

(7) Interest payable and similar charges

	2022 £	2021 £
Interest on bank loans and overdrafts	24,108	-
	<u>24,108</u>	<u>-</u>

(8) Tangible fixed assets

	Land and Buildings £	Plant and Machinery £	Equipment £	Motor Vehicles £	Totals £
Cost					
As at 01 January 2022	238,834	30,000	6,960	16,800	292,594
Additions	-	-	-	10,000	10,000
As at 31 December 2022	<u>238,834</u>	<u>30,000</u>	<u>6,960</u>	<u>26,800</u>	<u>302,594</u>
Depreciation					
As at 01 January 2022	-	13,459	3,122	8,219	24,800
For the year	-	2,977	691	3,345	7,013
As at 31 December 2022	<u>-</u>	<u>16,436</u>	<u>3,813</u>	<u>11,564</u>	<u>31,813</u>
Net book value					
As at 31 December 2022	<u>238,834</u>	<u>13,564</u>	<u>3,147</u>	<u>15,237</u>	<u>270,781</u>
As at 31 December 2021	<u>238,834</u>	<u>16,541</u>	<u>3,838</u>	<u>8,581</u>	<u>267,794</u>

Notes to the financial statements (Continued)
For the year ended 31 December 2022

(9) Debtors

Amounts falling due within one year

	2022	2021
	£	£
Trade debtors	-	120
	-	120

(10) Cash and cash equivalents

	2022	2021
	£	£
Bank balance	52,737	79,716
	52,737	79,716

(11) Creditors: Amounts falling due within one year

	2022	2021
	£	£
Accruals and deferred income	660	636
	660	636

(12) Creditors: Amounts falling due after more than one year

	2022	2021
	£	£
Bank loans and overdrafts	164,507	158,044
Other creditors	16,950	21,095
	181,457	179,139

(13) Transactions with directors

As per the governing document, Darren Armstrong was the only paid director during the year receiving a total of £12,500.00 for his services.

Be Strong Project Ltd
Detailed Income Statement
For the year ended 31 December 2022

This section does not form part of the statutory accounts.

	2022	2021
	£	£
Turnover	150,604	140,699
Gross Profit	<u>150,604</u>	<u>140,699</u>
Less : Selling and distribution expenses		
Advertising and Marketing	12	321
Subsistence	7,163	7,752
UK and Overseas Travel Costs	9,676	990
	<u>16,852</u>	<u>9,063</u>
Less : Administrative expenses		
Accountancy, Bookkeeping and Auditing Fees	948	901
Bank Fees	656	-
Caravan Costs	4,728	2,293
Charitable Donations	4,419	3,376
Depreciation of Equipment	691	842
Depreciation of Motor Vehicles	3,345	1,884
Depreciation of Plant and Machinery	2,977	3,631
Gym Membership	2,535	1,755
Insurance	2,603	2,369
Legal and Professional Fees	23,620	23,722
Motor Expenses	10,666	14,319
Rent, Rates, Light & Heat	52,474	47,904
Repairs and Renewals	5,196	6,458
Sundry Expenses	7,380	9,334
Telephone and Internet	5,381	4,792
Training and development costs	8,592	8,497
	<u>136,212</u>	<u>132,078</u>
Operating loss	<u>(2,459)</u>	<u>(442)</u>
Add : Interest receivable and similar income		
Bank Interest	113	7
	113	7
Less : Interest payable and similar charges		
Hire Purchase, Mortgage and Other Interest	24,108	-
	<u>24,108</u>	<u>-</u>
Loss on ordinary activities before taxation	<u>(26,454)</u>	<u>(435)</u>
Net loss for the year after taxation	<u>(26,454)</u>	<u>(435)</u>
Net loss for the year after dividends	<u>(26,454)</u>	<u>(435)</u>
Retained profits brought forward	<u>167,855</u>	<u>168,290</u>
Retained profits carried forward	<u>141,400</u>	<u>167,855</u>

BE STRONG PROJECT

England & Wales - Charity number 1148401

Accounts

Be Strong Project Ltd
Unaudited financial statements and annual report
For the year ended 31 December 2021

Be Strong Project Ltd
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For the year ended 31 December 2021

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Be Strong Project Ltd
Company Information
For the year ended 31 December 2021

Company registration number	07551140 (England and Wales)
Directors	Darren Armstrong Barry Day Stephanie Armstrong Mark Bowden Gram Seed
Registered office address	Unit 1 Riverside Industrial Estate Waters Meeting Road Bolton BL1 8TU
Accountant	Horridge and Lever 142 Chorley New Road Heaton BL1 4NX

Be Strong Project Ltd
Directors' Report
For the year ended 31 December 2021

The directors present the annual report and the Unaudited Financial Statements for the year ended 31 December 2021.

Principal activity

The principal activity of the company continued to be that of human health activities.

Going concern

The financial statements have been prepared on a going concern basis unless it is inappropriate to presume that the company will continue in business.

Directors of the company

The following directors held office during the whole of the period:

Barry Day

Darren Armstrong

Mark Bowden

Stephanie Armstrong

The following directors were appointed during the period:

Gram Seed (Appointed 12 August 2021)

Statement of director's responsibilities

The directors are responsible for preparing the financial statements in accordance with applicable law and regulations. The trustees have adopted the provisions of the Statement of Recommended Practice(SORP) 'Accounting and Reporting by Charities' issued in March 2005.

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Risk Management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

OBJECTIVES AND ACTIVITIES

The Be Strong Project's social mission to facilitate, encourage and support behavioural change in individuals who have become addicted to substances and have fallen into patterns of offending behaviour. It has a number of key objectives including:

-Reducing re-offending, currently two thirds of released prisoners re-offend

-Reducing the number of family breakdowns that imprisonment creates

-Improving the mental and physical health of released prisoners

-Increasing employment, voluntary and training opportunities

Small company provisions

This report has been prepared in accordance with the special provisions for small companies within Part 15 of the Companies Act 2006.

Approved by the Board of directors and signed on its behalf by:

Darren Armstrong (Director)

Date: 28 September 2022

Be Strong Project Ltd
Accountant's report
For the year ended 31 December 2021

Accountant's Report

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BE STRONG PROJECT LIMITED

I report on the accounts of the company for the year ended 31/12/2021. RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to an audit under company law and is eligible for independent examination, it is my responsibility to:

examine the accounts under section 145 of the 2011 Act;

follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and

state whether particular matters have come to my attention.

BASIS OF INDEPENDENT EXAMINERS STATEMENT

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

INDEPENDENT EXAMINERS STATEMENT

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

to keep accounting records in accordance with section 386 of the Companies Act 2006; and

to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met;

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....

Horridge and Lever

142 Chorley New Road
Heaton

BL1 4NX

Date: 28 September 2022

Be Strong Project Ltd
Income Statement
For the year ended 31 December 2021

	Notes	2021 £	2020 £
Turnover	4	140,699	217,691
Gross profit		<u>140,699</u>	<u>217,691</u>
Selling and distribution expenses		(9,063)	(17,520)
Administrative expenses		(132,078)	(127,962)
Operating loss	5	<u>(442)</u>	<u>72,208</u>
Interest receivable and similar income		7	-
Interest payable and similar charges		-	(13,315)
Loss on ordinary activities before taxation		<u>(435)</u>	<u>58,893</u>
Loss for the year		<u>(435)</u>	<u>58,893</u>

Be Strong Project Ltd
Statement of Financial Position
For the year ended 31 December 2021

	Notes	2021 £	2020 £
Fixed assets			
Property, plant and equipment	8	<u>267,794</u>	<u>274,151</u>
		267,794	274,151
Current assets			
Debtors	9	120	190
Cash and cash equivalents	10	<u>79,716</u>	<u>96,228</u>
		79,836	96,418
Current liabilities			
Creditors: Amounts falling due within one year	11	<u>(636)</u>	<u>(23,140)</u>
		(636)	(23,140)
Net current assets/(liabilities)		<u>79,200</u>	<u>73,278</u>
Total assets less current liabilities		346,994	347,429
Non-current liabilities			
Creditors: Amounts falling due after more than one year	12	<u>(179,139)</u>	<u>(179,139)</u>
Net assets/(liabilities)		<u>167,855</u>	<u>168,290</u>
Capital and reserves			
Retained earnings		<u>167,855</u>	<u>168,290</u>
Shareholder's funds		<u>167,855</u>	<u>168,290</u>

- For the year ended 31 December 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

Approved by the Board on 28 September 2022

.....
Darren Armstrong (Director)

Company registration number: 07551140

Be Strong Project Ltd
Notes to the financial statements (Continued)
For the year ended 31 December 2021

Be Strong Project Ltd
Notes to the Financial Statements
For the year ended 31 December 2021

(1) General Information

Be Strong Project Ltd is a private company limited by guarantee, domiciled and incorporated in England and Wales.

The principal activity of the charity in the year under review was human health activities .

Registered company number 07551140 (England and Wales)

Registered charity number 1148401

Registered office:
Unit 1 Riverside Industrial Estate
Waters Meeting Road
Bolton
England
BL1 8TU

Trustees:
D Armstrong - resigned 23/03/2020
B Day
S Armstrong - appointed 25/04/2020
M Bowden - appointed 25/04/2020
G Seed- appointed 12/08/2021

Independent Examiner:
Horridge and Lever
142 Chorley New Road
Bolton
BL1 4NX

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing document:
The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Risk Management:
The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

(2) Significant Accounting Policies

2a. Basis Of Accounting

The accounts have been prepared under the historical cost convention.

The accounts have been prepared in accordance with FRS102 The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

2b. Incoming Resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

2c. Resources Expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

2d. Allocation And Apportionment Of Costs

All costs relate to the single activity of the charitable company and are recognised accordingly.

2e. Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds are funds set aside by the trustees out of unrestricted general funds for the specific future purposes or projects.

Be Strong Project Ltd
Notes to the financial statements (Continued)
For the year ended 31 December 2021

2f. Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Motor Cars - reducing balance 18%

Equipment - reducing balance 18%

Plant and Machinery - reducing balance 18%

(3) Critical accounting judgements and key sources of estimation uncertainty

No judgement

No significant judgements or estimates have been made in preparation of these financial statements.

(4) Turnover

The revenue from company's operations comprise:

	2021 £	2020 £
Sales	140,699	217,691
	<u>140,699</u>	<u>217,691</u>

(5) Operating profit

Operating profit for the year from continuing operations has been arrived after charging:

	2021 £	2020 £
Depreciation of property, plant and equipment	6,357	7,753
	<u>6,357</u>	<u>7,753</u>

(6) Employees

During the year, the average number of employees including director was 0 (2020 : 0)

(7) Interest payable and similar charges

	2021 £	2020 £
Interest on bank loans and overdrafts	-	13,315
	<u>-</u>	<u>13,315</u>

(8) Tangible fixed assets

	Land and Buildings £	Plant and Machinery £	Equipment £	Motor Vehicles £	Totals £
Cost					
As at 01 January 2021	238,834	30,000	6,960	16,800	292,594
As at 31 December 2021	<u>238,834</u>	<u>30,000</u>	<u>6,960</u>	<u>16,800</u>	<u>292,594</u>
Depreciation					
As at 01 January 2021	-	9,828	2,280	6,335	18,443
For the year	-	3,631	842	1,884	6,357
As at 31 December 2021	<u>-</u>	<u>13,459</u>	<u>3,122</u>	<u>8,219</u>	<u>24,800</u>
Net book value					
As at 31 December 2021	<u>238,834</u>	<u>16,541</u>	<u>3,838</u>	<u>8,581</u>	<u>267,794</u>
As at 31 December 2020	<u>238,834</u>	<u>20,172</u>	<u>4,680</u>	<u>10,465</u>	<u>274,151</u>

(9) Debtors

Amounts falling due within one year

	2021	2020
	£	£
Trade debtors	120	190
	<u>120</u>	<u>190</u>

(10) Cash and cash equivalents

	2021	2020
	£	£
Bank balance	79,716	96,228
	<u>79,716</u>	<u>96,228</u>

(11) Creditors: Amounts falling due within one year

	2021	2020
	£	£
Bank loans and overdrafts	-	20,140
Accruals and deferred income	636	3,000
	<u>636</u>	<u>23,140</u>

(12) Creditors: Amounts falling due after more than one year

	2021	2020
	£	£
Bank loans and overdrafts	158,044	158,044
Other creditors	21,095	21,095
	<u>179,139</u>	<u>179,139</u>

(13) Transactions with directors

As per the governing document, Darren Armstrong was the only paid director during the year receiving a total of £12,499.92 for his services.

Be Strong Project Ltd
Detailed Income Statement
For the year ended 31 December 2021

This section does not form part of the statutory accounts.

	2021	2020
	£	£
Turnover	140,699	217,691
Gross Profit	<u>140,699</u>	<u>217,691</u>
Less : Selling and distribution expenses		
Advertising and Marketing	321	129
Subsistence	7,752	8,025
UK and Overseas Travel Costs	990	9,367
	<u>9,063</u>	<u>17,520</u>
Less : Administrative expenses		
Accountancy, Bookkeeping and Auditing Fees	901	259
Caravan Costs	2,293	3,198
Charitable Donations	3,376	1,081
Depreciation of Equipment	842	1,027
Depreciation of Motor Vehicles	1,884	2,297
Depreciation of Plant and Machinery	3,631	4,428
Gym Membership	1,755	2,228
Insurance	2,369	2,250
Legal and Professional Fees	23,722	22,713
Motor Expenses	14,319	17,290
Rent, Rates, Light & Heat	47,904	45,582
Repairs and Renewals	6,458	8,585
Sundry Expenses	9,334	7,590
Telephone and Internet	4,792	4,153
Training and development costs	8,497	5,281
	<u>132,078</u>	<u>127,962</u>
Operating loss	<u>(442)</u>	<u>72,208</u>
Add : Interest receivable and similar income		
Bank Interest	7	-
	<u>7</u>	<u>-</u>
Less : Interest payable and similar charges		
Hire Purchase, Mortgage and Other Interest	-	13,315
	<u>-</u>	<u>13,315</u>
Loss on ordinary activities before taxation	<u>(435)</u>	<u>58,893</u>
Net loss for the year after taxation	<u>(435)</u>	<u>58,893</u>
Net loss for the year after dividends	<u>(435)</u>	<u>58,893</u>
Retained profits brought forward	<u>168,290</u>	<u>109,397</u>
Retained profits carried forward	<u>167,855</u>	<u>168,290</u>

BE STRONG PROJECT

England & Wales - Charity number 1148401

Accounts

Be Strong Project Ltd
Unaudited financial statements and annual report
For the year ended 31 December 2020

Be Strong Project Ltd
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For the year ended 31 December 2020

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Be Strong Project Ltd
Company Information
For the year ended 31 December 2020

Company registration number	07551140 (England and Wales)
Directors	Barry Day Darren Armstrong Mark Bowden Stephanie Armstrong
Registered office address	Unit 1 Riverside Industrial Estate Waters Meeting Road Bolton BL1 8TU
Trading office address	Unit 1 Riverside Industrial Estate Waters Meeting Road Bolton BL1 8TU
Accountant	Horridge and Lever 142 Chorley New Road Heaton BL1 4NX

Be Strong Project Ltd
Trustees' Report
For the year ended 31 December 2020

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31/12/2020. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

PRINCIPAL ACTIVITIES

The principal activity of the charity in the year under review was human health activities.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered company number 07551140 (England and Wales)

Registered charity number 1148401

Registered office:

Unit 1 Riverside Industrial Estate
Waters Meeting Road
Bolton
BL18TU

Trustees:

B Day
S Armstrong – appointed 25/04/2020
G Seed – appointed 12/08/2021

Independent Examiner:

Horrige & Lever
142 Chorley New Road
Bolton
BL1 4NX

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Risk Management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

OBJECTIVES AND ACTIVITIES

The Be Strong Project's social mission to facilitate, encourage and support behavioural change in individuals who have become addicted to substances and have fallen into patterns of offending behaviour. It has a number of key objectives including:

- Reducing re-offending, currently two thirds of released prisoners re-offend
- Reducing the number of family breakdowns that imprisonment creates
- Improving the mental and physical health of released prisoners
- Increasing employment, voluntary and training opportunities

Darren Armstrong
Trustee

Be Strong Project Ltd
Independent Examiner's Report
For the year ended 31 December 2020

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF BE STRONG PROJECT LIMITED

I report on the accounts of the company for the year ended 31/12/2020.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to an audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

BASIS OF INDEPENDENT EXAMINERS STATEMENT

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

INDEPENDENT EXAMINERS STATEMENT

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met;
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....

Date: 29/09/2021

Horridge and Lever Accountants
142 Chorley New Road
Bolton
BL1 4NX

Be Strong Project Ltd
Income Statement
For the year ended 31 December 2020

	Notes	2020 £	2019 £
Turnover	4	217,691	211,316
Gross profit		<u>217,691</u>	<u>211,316</u>
Selling and distribution expenses		(17,520)	(21,756)
Administrative expenses		(127,962)	(140,456)
Operating profit	5	<u>72,208</u>	<u>49,104</u>
Interest payable and similar charges	7	(13,315)	(13,768)
Profit on ordinary activities before taxation		<u>58,893</u>	<u>35,336</u>
Profit for the year		<u>58,893</u>	<u>35,336</u>

Be Strong Project Ltd
Statement of Financial Position
For the year ended 31 December 2020

	Notes	2020 £	2019 £
Fixed assets			
Property, plant and equipment	8	274,151	270,903
		<u>274,151</u>	<u>270,903</u>
Current assets			
Debtors	9	190	-
Cash and cash equivalents	10	96,228	47,597
		<u>96,418</u>	<u>47,597</u>
Current liabilities			
Creditors: Amounts falling due within one year	11	(23,140)	(23,140)
		<u>(23,140)</u>	<u>(23,140)</u>
Net current assets/(liabilities)		73,278	24,457
Total assets less current liabilities		<u>347,429</u>	<u>295,361</u>
Non-current liabilities			
Creditors: Amounts falling due after more than one year	12	(179,139)	(185,964)
Net assets/(liabilities)		<u>168,290</u>	<u>109,397</u>
Capital and reserves			
Retained earnings		168,290	109,397
Shareholder's funds		<u>168,290</u>	<u>109,397</u>

- For the year ended 31 December 2020 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

Approved by the Board on 29 September 2021

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Darren Armstrong (Director)
Company registration number: 07551140

Be Strong Project Ltd
Notes to the Financial Statements
For the year ended 31 December 2020

(1) General Information

Be Strong Project Ltd is a private company limited by guarantee, domiciled and incorporated in England and Wales.

The principal activity of the charity in the year under review was human health activities .

Registered company number 07551140 (England and Wales)

Registered charity number 1148401

Registered office:
Unit 1 Riverside Industrial Estate
Waters Meeting Road
Bolton
England
BL1 8TU

Trustees:
D Armstrong - resigned 23/03/2020
B Day
S Armstrong - appointed 25/04/2020
M Bowden - appointed 25/04/2020
G Seed- appointed 12/08/2021

Independent Examiner:
Horridge and Lever
142 Chorley New Road
Bolton
BL1 4NX

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing document:

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Risk Management:

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

(2) Significant Accounting Policies

2a. Basis Of Accounting

The accounts have been prepared under the historical cost convention.

The accounts have been prepared in accordance with FRS102 The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

2b. Incoming Resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

2c. Resources Expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

2d. Allocation And Apportionment Of Costs

All costs relate to the single activity of the charitable company and are recognised accordingly.

2e. Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds are funds set aside by the trustees out of unrestricted general funds for the specific future purposes or projects.

2f. Depreciation

Be Strong Project Ltd
Notes to the financial statements (Continued)
For the year ended 31 December 2020

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Motor Cars - reducing balance 18%
 Equipment - reducing balance 18%
 Plant and Machinery - reducing balance 18%

(3) Critical accounting judgements and key sources of estimation uncertainty

No significant judgements or estimates have been made by management in preparing these financial statements.

No judgement

No significant judgements or estimates have been made in preparation of these financial statements.

(4) Turnover

The revenue from company's operations comprise:

	2020 £	2019 £
Sales	217,691	211,316
	217,691	211,316

(5) Operating profit

Operating profit for the year from continuing operations has been arrived after charging:

	2020 £	2019 £
Depreciation of property, plant and equipment	7,753	7,040
	7,753	7,040

(6) Employees

During the year, the average number of employees including director was 0 (2019: 0)

(7) Interest payable and similar charges

	2020 £	2019 £
Interest on bank loans and overdrafts	13,315	13,768
	13,315	13,768

(8) Tangible fixed assets

	Land And Buildings £	Plant and Machinery £	Equipment £	Motor Vehicles £	Totals £
Cost					
As at 01 January 2020	238,834	30,000	6,960	5,800	281,594
Additions	-	-	-	11,000	11,000
As at 31 December 2020	238,834	30,000	6,960	16,800	292,594
Depreciation					
As at 01 January 2020	-	5,400	1,253	4,038	10,691
For the year	-	4,428	1,027	2,297	7,752
As at 31 December 2020	-	9,828	2,280	6,335	18,443
Net book value					
As at 31 December 2020	238,834	20,172	4,680	10,465	274,151
As at 31 December 2019	238,834	24,600	5,707	1,762	270,903

(9) Debtors

Be Strong Project Ltd
Notes to the financial statements (Continued)
For the year ended 31 December 2020

(10) Cash and cash equivalents

	2020	2019
	£	£
Bank balance	96,228	47,597
	<u>96,228</u>	<u>47,597</u>

(11) Creditors: Amounts falling due within one year

	2020	2019
	£	£
Bank loans and overdrafts	20,140	20,140
Accruals and deferred income	3,000	3,000
	<u>23,140</u>	<u>23,140</u>

(12) Creditors: Amounts falling due after more than one year

	2020	2019
	£	£
Bank loans and overdrafts	158,044	161,868
Other creditors	21,095	24,095
	<u>179,139</u>	<u>185,963</u>

(13) Transactions with directors

As per the governing document, Darren Armstrong was the only paid director during the year receiving a total of £12,393 for his services.

Be Strong Project Ltd
Detailed Income Statement
For the year ended 31 December 2020

This section does not form part of the statutory accounts.

	2020	2019
	£	£
Turnover	217,691	211,316
Gross Profit	<u>217,691</u>	<u>211,316</u>
Less : Selling and distribution expenses		
Advertising and Marketing	129	253
Subsistence	8,025	9,580
UK and Overseas Travel Costs	<u>9,367</u>	<u>11,923</u>
	17,520	21,756
Less : Administrative expenses		
Accountancy, Bookkeeping and Auditing Fees	259	708
Caravan Costs	3,198	-
Charitable Donations	1,081	3,387
Depreciation of Equipment	1,027	1,253
Depreciation of Motor Vehicles	2,297	387
Depreciation of Plant and Machinery	4,428	5,400
Gym Membership	2,228	2,875
Insurance	2,250	782
Legal and Professional Fees	22,713	35,134
Motor Expenses	17,290	13,363
Rent, Rates, Light & Heat	45,582	53,080
Repairs and Renewals	8,585	7,394
Sundry Expenses	7,590	5,130
Telephone and Internet	4,153	4,629
Training and development costs	<u>5,281</u>	<u>6,933</u>
	127,962	140,456
Operating profit	<u>72,208</u>	<u>49,104</u>
Less : Interest payable and similar charges		
Hire Purchase, Mortgage and Other Interest	<u>13,315</u>	<u>13,768</u>
	13,315	13,768
profit on ordinary activities before taxation	<u>58,893</u>	<u>35,336</u>
Net profit for the year after taxation	<u>58,893</u>	<u>35,336</u>
Net profit for the year after dividends	<u>58,893</u>	<u>35,336</u>
Retained profits brought forward	<u>109,397</u>	<u>74,061</u>
Retained profits carried forward	<u>168,290</u>	<u>109,397</u>